



JUNE

NEW(S) HORIZON

2017

A NEWSLETTER FROM THE WALPOLE COUNCIL ON AGING

We are proud to sponsor many events and programs addressing the health and well-being of Walpole seniors. Look inside for dates and times for the following programs:

HEALTH AND SAFETY

FLU CLINIC
FOOT CARE
NUTRITION
NURSE VISITS
MEDICARE PLANNING
SHELTER AT HOME
TRIAD
WALPOLE VNA NURSING

EXERCISE

CHAIR EXERCISE
CHAIR VOLLEY
WALKING CLUB
WII BOWLING
YOGA
ZUMBA

COMMUNITY OUTREACH

AARP TAX PROGRAM
FARMERS MARKET COUPONS
FUEL ASSISTANCE
HOME HEALTHCARE REFERRALS
HESSCO LUNCH
MEDICAL RIDES
NEWSLETTER
SENIOR TAX WORK OFF
SHINE
THE RIDE
WELL BEING CHECKS
VETERANS MEETINGS

SOCIAL ACTIVITIES

BINGO
BRIDGE
CREATIVE CORNER
KNITTING CLUB
MAH JONGG
POT LUCK MEAL
SENIOR SINGING GROUP
WALK-IN BREAKFAST
WRITING GROUP

TRIPS

DAY OF BEAUTY
STOP & SHOP
WALPOLE ERRAND DAY
REGIONAL DAY EXCURSIONS

WALPOLE COUNCIL ON AGING CENTER
135 SCHOOL STREET, WALPOLE, MA 02081

Hours: Monday, Wednesday, Thursday, Friday, 8:30AM – 4:30PM; Tuesday 8:30AM – 8:00PM
Telephone: 508-668-3330, Fax: 508-660-7363, Website: www.walpole-ma.gov

The mission of the Walpole Council on Aging is to promote social, recreational and educational activities and provide advocacy and assistance to Walpole Seniors and their families.

JUNE TRIPS & EVENTS

DATE	EVENT	DESCRIPTION	TIME & LOCATION <small>(subject to change)</small>
THURSDAY 6/1	Chickie Flynn's Lunch	Registration required, preference to those who didn't attend in May. \$2.50 gratuity per person.	Van leaves COA at 11:00AM
THURSDAY 6/1	Walpole Walmart	Ride provided to and from Walmart. Registration required.	Van leaves COA at 9:30AM
MONDAY 6/5	DeCordova Sculpture Park and Museum	Stroll the DeCordova Sculpture Park and Museum, a 30-acre park and contemporary art museum on the shore of Flint's Pond in Lincoln, MA. Enjoy lunch in the new café.	Van leaves COA at 9:00AM Guided Tour at 11:00AM \$26 including lunch
MONDAY 6/5, 6/12 6/19, 6/26	Mindful Mondays	Join us Mondays to relax, recharge, refresh. Mindfulness begins with paying attention, in the present, without judgement. Meditation, adult coloring and many more activities.	2:00—3:00PM COA
TUESDAY 6/6	Memory Café	Fun and welcoming event for individuals with forgetfulness and their families	1:00—2:30PM United Church
WEDNESDAY 6/7	Bye Bye Birdie	"A loving send-up of the 1960s, small town America, teenagers, and rock & roll." \$30 per person, limited transportation available.	11:30 Lunch 1:30PM Show Norwood Theater
WEDNESDAY 6/7	Chair Volleyball	More fun than you can possibly stand - while seated! Come enjoy this fun-filled game.	11:00AM—12:00PM COA
THURSDAY 6/8	Walk In Breakfast	Join us for a great home-cooked breakfast & wonderful company.	8:00—10:00AM COA—\$3.00 per person
THURSDAY 6/8	Veteran Coffee Hour	A coffee and conversation hour where military veterans are encouraged to connect with other veterans.	10:00AM—11:00AM COA
THURSDAY 6/8	WCOA Senior Survey Results	Kerri McManama presents a synopsis of the results of the Senior Survey	11:30AM—12:00PM COA
FRIDAY 6/9	Sunshine School Bingo	Sunshine School joins us for a game of BINGO and refreshments	12:30PM
MONDAY 6/12	Norwood Hearing Center	Learn about the 5 Things To Know about Hearing.	11:00—12:00PM COA
WEDNESDAY 6/14	Coffee with Attorney J. DiPietro	Join us for coffee and to have your legal questions discussed.	11:00AM—12:00PM COA
THURSDAY 6/15	Walpole Errand Day	The van will take you on errands around Walpole. Registration is required.	Times TBD based on riders and destinations
THURSDAY 6/15	Wheel of Fortune	Laurie Blake from Home Instead brings Wheel of Fortune to the Center.	1:00PM COA
MONDAY 6/19	Tall Ships with Best of Times Travel	Lunch at the Venezia Restaurant followed by Boston Harbor Cruise on the Provincetown II.	\$95.00 per person, plus cash gratuity
WEDNESDAY 6/21	TRIAD	Norfolk County Sheriff's Department's monthly educational session at the COA.	11:00AM —12:00PM COA
WEDNESDAY 6/21	Restaurant of the Month	Bubbling Brook the seasonal stop for fried clams, meatloaf & other American fare, plus hard & soft-serve ice cream.	12:00PM Van leaves COA 11:30AM
WEDNESDAY 6/21	June Birthday Party	Is it your birthday this month? Celebrate with friends at the COA. Cake generously donated by Harrington House.	2:00PM COA, Free

JUNE TRIPS & EVENTS *continued*

DATE	EVENT	DESCRIPTION	TIME & LOCATION (subject to change)
THURSDAY 6/22	Walk In Breakfast	Join us for a great home-cooked breakfast & wonderful company	8:00—10:00AM COA—\$3.00 per person
THURSDAY 6/22	COA Board Meeting	COA Board Monthly Meeting in Town Hall	1:30—2:30PM Room 112, Town Hall
MONDAY 6/26	TED TALK	Wes Moore's "How to talk to veterans about the war" and Jean-Paul Mari's "The chilling aftershock of a brush with death"	11:00AM COA
WEDNESDAY 6/28	Creative Corner	Let's Make Sachet! Bags will be provided, you bring the scent. Lavender buds, dried herbs or flowers or pot potpourri all work well.	1:00—2:00PM COA
THURSDAY 6/29	Fore Kicks Golf	Tee time for 9 hole course, \$15.00 first round/ \$5.00 second round, rental clubs available.	9:00AM

CAROL'S CORNER

I got a little note in the mail from a very special friend of mine and thought I would share it with all my friends at the Center.

One Hundred Years from now *It Will Not Matter*

What my *Bank Account* was,

The sort of *House* I lived in,

Or the kind of *Car* I drove but that the *WORLD* maybe
Different because I was important In the Life of a Child.

Love, Peace, and Happiness..... Carol

Senior Moments is seeking male voices and instrumentalists. Please consider attending a rehearsal to learn more or speak to Mary Lou Ragusa.



The COA is seeking volunteers to assist with Chair Volley to help set up and monitor, Birthday Party Cake Cutters, and other program assistants. We need you! Contact Kerri.

Happy June and Happy Father's Day to all our Dads.

Just a reminder that Kathy Bento our cosmetologist, who does foot care is available every other Monday by appointment only. Appointments fill quickly, so please call me at 508-660-7362 to schedule yours.



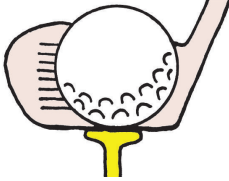
Enjoy the warmer weather.

Laurel St. Pierre, Outreach Worker

Office Hours: Monday - Thursday, 9:00AM- 3:00PM



JUNE 2017



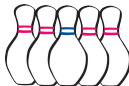


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	ALL PROGRAMS ARE 1 HOUR IN LENGTH UNLESS OTHERWISE NOTED.	** HESSCO meals (lunch) are provided daily at the center for a donation of \$3.00. For reservations or cancellations, call 781-784-4944 at least 24 hours in advance.	1 SIGN UP DAY 8:30AM Bird Park Walking 9:30AM WALMART 10:30AM Yoga 11:00AM Chickie Flynn's Luncheon 12:00PM HESSCO lunch 1:15PM Bridge/SCRABBLE	2 9:00AM Zumba 10:00AM Wii Bowling 10:00AM Writing Club, Walpole Library 12:00PM HESSCO lunch 12:30PM Bingo
12 10:00AM Exercise Class 12:00PM HESSCO lunch 1:00PM Dominos 1:30PM Mah Jongg 2:00PM Mindfulness-Coloring	13 AM Stop & Shop 8:30AM Bird Park Walking 12:00PM HESSCO lunch 1:30PM YOGA 4:00PM A Musical Interlude	14 10:00AM Exercise Class 12:00PM HESSCO lunch 12:30PM Pokeno 2:00PM Monthly Birthday Party 2:30PM Senior Moments	15 Walpole Errand Day 8:30AM Bird Park Walking 10:30AM Yoga 12:00PM HESSCO lunch 1:00PM Wheel of Fortune 1:15PM Bridge	16 9:00AM Zumba 10:00AM Wii Bowling 10:00AM Seekers Writing Club Walpole Library 12:00PM HESSCO lunch 12:30PM Bingo
26 10:00AM Exercise Class 11:00AM TED Talk 12:00PM HESSCO lunch 1:00PM Dominos 1:30PM Mah Jongg 2:00PM Mindfulness-Noticing 	27 AM Stop & Shop 8:30AM Bird Park Walking 12:00PM HESSCO lunch 1:30PM YOGA 4:00PM A Musical Interlude	28 10:00AM Exercise Class 11:00AM TRIAD 12:00PM HESSCO lunch 1:00PM Creative Corner –Sachet 2:00PM Monthly Birthday Party 2:30PM Senior Moments	29 8:30AM Bird Park Walking 10:30AM Yoga 12:00PM HESSCO lunch 1:15PM Bridge 	30 :00AM Zumba 10:00AM Wii Bowling 10:00AM Seekers Writing Club Walpole Library 12:00PM HESSCO lunch 12:30PM Bingo

Please **sign up for ALL trips and events** you would like to attend.

IN-PERSON and **PHONE** registration begins **THURSDAY, June 1 at 8:30AM** .

*You must speak to a desk volunteer. Leaving a voicemail **does not** register you for programs.*

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5 10:00AM Exercise Class 12:00PM HESSCO lunch 1:00PM Dominos 1:30PM Mah Jongg 2:00PM Mindfulness—Breathing 	6 AM Stop & Shop 8:30 AM Bird Park Walking 12:00PM HESSCO lunch 1:30PM YOGA 4:00PM A Musical Interlude 	7 10:00AM Exercise Class 10:00AM Knitting & Crochet 11:00AM Chair Volley 12:00PM HESSCO lunch 12:30PM Pokeno 2:30PM Senior Moments	8 8:00- 10:00AM Walk-in Breakfast 8:30AM Bird Park Walking 10:30 YOGA 12:00PM HESSCO lunch 1:15PM Bridge/ Scrabble	9 9:00AM Zumba 10:00AM Wii Bowling 10:00AM Seekers Writing Club Walpole Library 12:00PM HESSCO lunch 12:30PM Bingo 
19 10:00AM Exercise Class 12:00PM HESSCO lunch 1:00PM Dominos 1:30PM Mah Jongg 2:00PM Mindfulness—Body Scan 	20 AM Stop & Shop 8:30AM Bird Park Walking 12:00PM HESSCO lunch 1:30PM Yoga 4:00PM A Musical Interlude	21 10:00AM Exercise Class 10:00AM Knitting & Crochet 11:00AM TRIAD 12:00PM HESSCO lunch 12:30PM Pokeno 2:30PM Senior Moments 	22 8:00-10:00AM Walk-in Breakfast 8:30AM Bird Park Walking 10:30AM Yoga 12:00PM HESSCO lunch 1:15PM Bridge/ SCRABBLE	23 9:00AM Zumba 10:00AM Wii Bowling 10:00AM Seekers Writing Club Walpole Library 12:00PM HESSCO lunch 12:30PM Bingo



Happy Fathers Day





FROM THE DIRECTOR

June is National Great Outdoors Month and with these longer warmer days, I encourage you to get outside to enjoy the weather and time with each other. As a reminder: The Bird Park Walking Group meets at the entrance by the Union Congregational Church. Special thanks to the Lions Club for hosting the Spaghetti Supper in April! Continued thanks to the members of our community who provide services to our residents including Herb Johnson, Fran Roberts, Don Wightman, Joanne DiPietro, Laurie Blake, and Kathy Bento to name just a few. Karl West would also like to thank all who joined in his session recalling things you did as kids. He enjoyed the comraderie of the session AND the preparation. He also enjoyed reminiscing afterwards with folks about throwing baseball cards against the wall, cooking potatoes in the coals at the ice shore while skating, skating together in a line called a whip and putting a card in the spokes of a bike wheel to make a clicking noise. He wants to know, "what was our expression, it certainly wasn't OMG!" Karl asks, "Why don't some others come up with a program sharing their interests?" We are always looking for new ideas for programming and events, please consider sharing your talents with us. I hope to see you soon at the Center.

Kerri McManama, Director Walpole Council on Aging

Welcome to June! Hoping this month brings beautiful weather. Make sure to get outside!



Lots of reminders for this month, most important...stay hydrated. As we age, our thirst decreases, leaving us dehydrated more quickly. Not to mention so many take "water pills". Look for additional signs that you may not be drinking enough: dry mouth and lips, skin more dry than usual and very yellow or concentrated urine. The most concerning is being lightheaded or dizzy when you first sit up or stand up. BE CAREFUL.

This is also the time of year when it is most important to wear your compression stockings. The best time to put compression stockings on your feet is before getting out of bed in the morning, as your legs and feet are generally less swollen in the morning. A touch of corn starch or powder will help them slide on easier. There are many assistive devices available to help as well.

Additionally, as you are out and about this summer, we are expecting a bumper crop of ticks due to the mild winter. In our area, this means Lyme Disease at best and Babesiosis or Anaplasmosis at worst. Please check yourself for ticks daily. Watch for fever/chills, increased fatigue, muscle and joint pain, headaches and rash that persist for at least 24 hours, especially if you have been outside. Tick borne diseases are easily treated with oral antibiotics. Early treatment can prevent the more serious issues associated with each of these.

Lastly, be safe in the sun and wear sunscreen and hats. Use products with DEET to help prevent mosquito bites. Have a great summer and get outside and enjoy safely.

Stay healthy!

Leandra McLean RN, BSN, CEN, CCRN Public Health Nurse

Live.Life.Healthy

NEW(S)HORIZON

Walpole Council on Aging
Town Hall , 135 School Street
Walpole, MA 02081
Telephone: (508) 668-3330
Fax: (508) 660-7363

Kerri McManama, Director COA
Laurel St. Pierre, Outreach
Christine Tetreault, Advocate
Jane Wulk, Van Driver
Carol Fellini, Van Driver
Jim Hinds, Van Driver
Dolores Efthim, Chairman COA Board

This Newsletter is made possible,
in part, by a grant from the
Massachusetts Executive
Office of Elder Affairs and through the
generous support of
The Friends of Walpole Elders, Inc.



*Friends of the Walpole
Elders, Inc.
P.O. Box 186
East Walpole, MA 02032*

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WALPOLE COUNCIL ON AGING PROFESSIONAL SERVICES

HESSCO Meal Site: (508) 668-3423,
provided daily for a \$3.00 donation.
Call for reservations or cancellations,
781-784-4944 at least 24 hours in
advance.

Public Health Nurse: blood
pressure screenings and health
information every Monday morning at
9:30AM*

Health Insurance Counseling: by
appointment only, Tuesdays and
Thursdays, 9:00AM—12:30PM

Legal Services: 2nd Wednesday of
the month, 11:00AM—12:00PM*Free

Foot Care: Mondays by appointment
only, 9:00AM— 2:00PM, Cost is \$20.
Call (508) 668-3330.

*Times subject to change

HELPFUL NUMBERS TO REMEMBER:

**NORFOLK COUNTY "ARE YOU OK?"
(866) 900-RUOK (7865)**

Receive a call daily to make sure you are up and OK!

**POLICE (Non-emergency) 668-1212
FIRE DEPARTMENT (Non-emergency) 668-0260**